

# My Ongoing Recovery Experience (MORE)



## SCOPE AND SEQUENCE

**The Award-Winning, Evidence-Based Recovery Management Program  
by the Hazelden Betty Ford Foundation**



For more information about this program,  
visit [hazelden.org/bookstore](http://hazelden.org/bookstore) or call 800-328-9000.

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### **MORE Program Overview**

This overview describes the MORE (My Ongoing Recovery Experience) program, including program lessons and goals. It describes the evidence-based models and approach used in the program and shows how MORE addresses the issues participants face in ongoing recovery. It covers the efficacy of the MORE web program and how it has been evaluated. Also included in this overview is information on how to use the participant workbooks in this MORE program in individual or group settings.

### **About MORE**

MORE began in 2006 and continues as a web- and phone-based recovery coaching program that offers 24/7 support to Hazelden Betty Ford Foundation participants in the critical first twelve to eighteen months after they leave treatment.

MORE was designed to help participants better transition back into a home living environment after being in a highly structured treatment setting. Most addiction relapses occur within the first eighteen months of recovery, with most happening within the first six months after an individual leaves treatment. Research conducted by Hazelden, the leading nonprofit alcohol and drug treatment foundation, suggested that if individuals could remain abstinent for at least one year after treatment, they would have a good chance of staying sober for the rest of their lives. This is why in 2006 Hazelden created MORE as a health-coaching program to offer 24/7 web- and phone-based support to participants for a full eighteen months after leaving treatment.

Individuals leaving the safety and structure of treatment can use the MORE web program to learn essential relapse prevention strategies, how to structure their day, and how to plan for high-risk situations. They can utilize the recovery resources, activities, videos, and articles in the MORE library to learn about addiction and the Twelve Steps, and how to sustain resilience amid the challenges of early recovery. This wealth of information helps them manage their new life in recovery and develop the skills necessary to maintain a healthy balance. They also learn how important it is to ask for support from counselors, peers, and family members, and to take part in their community, Alcoholics Anonymous, and other peer-support meetings.

### ***Accolades***

The MORE program has been a huge success. In 2007, MORE won a silver eHealthcare Leadership Award for Best Care/Disease Management Site. In 2010, Hazelden worked with the U.S. Navy to create Navy MORE to support service men and women in recovery. In 2011 Hazelden created the Mobile MORE *Field Guide to Life* app based on

the foundational education and strategies of the larger web program. That app won the White House Behavioral Health Patient Empowerment Challenge award. The Mobile MORE *Field Guide to Life* app also was a 2014 eHealthcare Leadership Award Winner for Best Healthcare Content.

### **What Is the Print Version of MORE and How Did It Originate?**

The print version of the MORE program was designed to translate the core education and skills from the original web-based MORE program into three print workbooks for clients and a facilitator guide that are more accessible to people in environments where the internet is restricted or is not the preferred access point for education. This includes treatment centers and environments where print books are preferred to internet-based tools or are used in addition to them.

This MORE print program does not include access to the MORE web program or mobile application. This program includes the use of three workbooks created to support adults in early recovery from addiction and co-occurring mental health disorders. These workbooks are an ideal tool to support individuals as they leave treatment and transition back to independent living in a supportive community.

### **What Is the Evidence-Based Model for MORE?**

MORE is based on current brain research and several treatment modalities, including stages of change, motivational enhancement therapy, and cognitive-behavioral therapy.

The lessons in this MORE program are designed as part of a recovery management approach to help participants develop skills and self-care practices in the important living domains necessary to build and sustain an ongoing life in recovery as they work from a clinically managed model of care toward self-management of the disease of addiction.

Because severe and persistent substance use disorders affect many areas of life functioning, programs of recovery must cover multiple domains, including participant education, relapse prevention, Twelve Step recovery and spiritual health, family and relationships, mental health, emotional health, physical health, employment and vocational skills, and life skills. This MORE program offers education in all of these domains of recovery.

Addiction is a chronic disease that can be controlled but not cured. In this way, addiction is similar to diabetes or high blood pressure, which requires ongoing management because there is not a onetime cure. Addiction treatment provides a

structured environment with support and expertise to help participants stabilize and build a solid foundation in recovery. After participants leave the structured environment of treatment, they need to continue to manage their recovery for a lifetime. A supported program of management for their recovery is often called “recovery management” or “continuing care.” A good recovery management program, such as MORE, will support participants as they work not only to initiate but also to maintain their ongoing recovery out in the world.

### ***Research***

The Butler Center for Research at the Hazelden Betty Ford Foundation studies outcomes data for MORE program participants. Data published in 2012 show that individuals who accessed a large number of MORE program modules (chapters of content) in the year following treatment had significantly higher abstinence rates and consumed less alcohol than individuals accessing few or no modules of content.<sup>1</sup> Follow-up research by the Butler Center for Research in 2013 reinforced the 2012 findings.<sup>2</sup>

### ***About the Butler Center for Research***

As the field of addiction treatment increases focus on the importance of patient outcomes and evidence-based practices, the Hazelden Betty Ford Foundation relies on our own Butler Center for Research (BCR) to ensure our treatment programs are data-driven and proven effective. The BCR began in 1977 to conduct clinical and institutional research to ask the questions that lead to increasingly effective methods of addressing addiction, from prevention to treatment to lifelong recovery. The goal of this research and collaborations with other research centers is to not only continuously improve our clinical services and programs but also to inform the field of addiction and recovery as a whole. The BCR publishes the latest addiction statistics, a library of articles, and abstracts from our research published in academic journals. Learn more at [hazeldenbettyford.org/education/bcr](http://hazeldenbettyford.org/education/bcr).

1. A. A. Klein, V. J. Slaymaker, K. L. Dugosh, and J. R. McKay, “Computerized Continuing Care Support for Alcohol and Drug Dependence: A Preliminary Analysis of Usage and Outcomes,” *Journal of Substance Abuse Treatment* 42, no. 1 (2012): 25–34, doi: 10.1016/j.jsat.2011.07.002. Visit <https://www.ncbi.nlm.nih.gov/pubmed/21862275> for the abstract.

2. A. A. Klein and J. J. Anker, “Computer-Based Recovery Support for Patients Receiving Residential Treatment for Alcohol /Drug Dependence: Relationship Between Program Use and Outcomes,” *Telemedicine Journal and e-Health* 19, no. 2 (2013): 104–9, doi: 10.1089/tmj.2012.0107. Visit <https://www.ncbi.nlm.nih.gov/pubmed/23215735> for the abstract.

### **What Components Are Included in This Program?**

This MORE program includes a facilitator guide, a video, and three workbooks that guide participants through increasingly challenging lesson topics as they build their knowledge and use of effective recovery strategies over time.

#### ***Facilitator Guide***

The facilitator guide offers step-by-step instructions, making it easy to jump into any MORE lesson and facilitate a great learning experience with participants.

#### ***Participant Workbooks***

There are three participant workbooks in this program. Workbook 1: *The Basics* contains seven lessons. Workbook 2: *Owning It* contains fifteen lessons, and workbook 3: *The New You* contains fourteen lessons. Each workbook is approximately 88–120 pages in length. Most individual lessons can be delivered in one 45- to 60-minute session. Some of the lessons are shorter and easier to complete, and others may stimulate more participant discussion, requiring the full session time to complete. See pages 10–17 for a list of the lessons.

#### ***Program Video***

The MORE program video includes the following:

- thirty 1- to 5-minute video segments that feature both experts and real people in recovery, which can be used to educate and inspire participants as you teach essential topics
- two meditation audio files to help participants practice meditation as a grounding, relaxation practice

### **Who Can Use This Program?**

This print version of the MORE program can be used by any facilitator working to help adult participants in early recovery from addiction and co-occurring mental health disorders. It can be facilitated by an addiction treatment counselor but is also designed to be easily facilitated by a peer mentor. A peer mentor is also known as a peer leader, peer guide, or peer coach. A peer mentor is a person stable in recovery who acts as a recovery role model to encourage, motivate, and support a peer who is seeking to establish or strengthen his or her recovery.

The workbooks cover very early recovery topics, such as creating a safe living environment, creating a healthy schedule, and learning about the value of peer support. They move toward advanced skills, such as higher-level relapse prevention, improving

spirituality and relationships, and working to address self-defeating beliefs. These foundations of recovery topics are ideal for participants who are in early recovery and will soon be transitioning from addiction treatment back to their home living environment or a stepped-down level of care, such as outpatient treatment or sober housing. The workbooks can also be used with people who have been in recovery for years and who want to revisit or deepen their recovery knowledge and skills.

### **In What Settings Can This Program Be Used?**

This MORE program may be used in both individual or group settings, although the discussion possible in group settings will create the best peer-learning experience. The program was designed for use in aftercare or continuing care programs to move participants toward self-management of the disease of addiction. It may be used in addiction treatment, corrections, or community treatment settings to enhance treatment readiness and engagement.

Facilitators can use workbook 1: *The Basics* (seven lessons) as the basis of a psychoeducational continuing care program or also as psychoeducation for a treatment engagement program. Workbook 2: *Owning It* (fifteen lessons) and workbook 3: *The New You* (fourteen lessons) can be used to progress participants into more advanced topics or to tailor a session to focus on a topic ideal for participants at any point in time.

### **How Many Weeks Does the Program Take to Complete?**

The program format is flexible. Facilitators may choose to cover one or two lessons per week, depending on their program duration. For example, facilitators may choose to deliver one session per week of workbook 1 to create a seven-week continuing care program. Facilitators who want to use MORE to structure a six-month continuing care program may choose to use workbooks 1 and 2. Facilitators who want to use MORE to structure a nine-month continuing care program can cover all three workbooks. See the table “MORE Session Schedule Options.”

*MORE Session Schedule Options*

<b>PROGRAM DURATION</b> (APPROXIMATELY)	<b>MORE CONTENT</b>	<b>SESSION SCHEDULE</b>
<b>7 weeks</b>	Workbook 1: <i>The Basics</i>	7 lessons (1 lesson per week)
<b>3 months</b> (12 weeks)	Workbook 1: <i>The Basics</i> <i>AND</i> Workbook 2: <i>Owning It</i>	22 lessons (2 lessons per week for 11 weeks) <i>AND</i> Review of any 2 problem topics in week 12
<b>6 months</b> (24 weeks)	Workbook 1: <i>The Basics</i> <i>AND</i> Workbook 2: <i>Owning It</i>	22 lessons (1 lesson per week for 22 weeks) <i>AND</i> Review of any 2 problem topics in weeks 23 and 24
<b>9 months</b> (36 weeks)	Workbook 1: <i>The Basics</i> <i>AND</i> Workbook 2: <i>Owning It</i> <i>AND</i> Workbook 3: <i>The New You</i>	36 lessons (1 lesson per week)

**What Are the Key Topics Covered in the MORE Workbooks?**

Each of the workbooks covers an area of recovery topics as described below. See pages 10–17 for a detailed list of all the lessons included in each workbook.

***Workbook 1: The Basics***

Workbook 1: *The Basics* will help your participants build a stable lifestyle to support their recovery. They will learn how to create a safe living environment and how to build a daily schedule that supports their recovery. They will discover that there are some medications that people in recovery should avoid and learn about safe alternatives. They will learn about the Twelve Steps, the importance of going to meetings, finding a sponsor, and how a sponsor can help with recovery. Participants will explore powerlessness as the foundation of Step One, learn about relapse basics and the warning signs of relapse, create a relapse prevention plan, and learn how to deal with a relapse if it does happen. They will receive guidance on how to talk about their recovery with friends, family, and coworkers.

***Workbook 2: Owning It***

Workbook 2 is called *Owning It* because it helps participants put the skills they are learning into action in their lives. They will replace old routines with new, healthy habits that will support their recovery.

Workbook 2 digs deeper into foundational recovery skills, such as relapse prevention, utilizing peer support, improving relationships and communication skills, and learning to put the concepts of Steps One and Two into action. This includes accepting the disease of addiction and utilizing others' wisdom and experience in recovery for support.

### ***Workbook 3: The New You***

Workbook 3 is called *The New You* because it helps participants see and continue to create positive change in their lives as a result of their work in recovery. Participants should start to see real growth and transformation in their life as they continue the core practices and skills that will sustain them as they manage their ongoing recovery. This includes learning to improve and sustain their motivation to work a strong recovery program; to manage challenging emotions, such as anger and fear; to set boundaries with others; and to challenge and reframe self-defeating thoughts that could cause them to relapse. They will also learn to deepen their spiritual practice by learning more about Steps Two and Three of the Twelve Steps.

### **What Resources Are Included?**

This MORE program is intended to engage learners of all types: visual learners, auditory learners, those who learn from peers, and those who learn through self-reflection. The workbooks provide a wide variety of resources, including:

- a Thought for the Day meditation or quote to accompany each topic
- education and skill-building on important early recovery topics
- activities that help participants practice self-reflection and put what they are learning into action
- “pocket power” Recovery Resources that participants can keep with them for quick reference
- suggestions for Big Book readings on important topics
- websites for other recovery resources online

### **Should the Workbooks and Lessons Be Completed in Order?**

There are two methods of choosing MORE workbook lessons to use with participants: progressive or prescriptive.

### ***Progressive Use***

The three workbooks and associated lessons are designed to be used in sequence in a “progressive” model, starting with workbook 1, lesson 1, and working through each of the numbered lessons until eventually ending with the final lesson in workbook 3. This



progressive sequence of lessons starts with workbook 1 covering the basics of recovery (e.g., how to create a safe environment, find a sponsor, go to peer-support meetings) and works through increasingly advanced topics, such as managing triggers and cravings, deepening spirituality, dealing with challenging emotions, improving communication skills, and combatting addictive thinking and irrational beliefs. This “progressive” method allows you to start with more foundational topics and build gradually into more advanced topics as participants learn and grow.

### ***Prescriptive Use***

Though the workbooks and lessons are numbered and are designed to be used in a progressive sequence, facilitators are not limited to using them in the suggested order. You can select or “prescribe” any individual lesson according to what you need to focus on with participants at any point in time. If you use the “prescriptive” model of working through the workbooks, you may look at the master list of lessons in appendix A of the facilitator guide to find a topic that matches what participants need to focus on during that day’s session. For example, you may find that participants are having trouble attending their first Twelve Step meeting, and so you might use workbook 1, lesson 5: Go to Meetings for your next session with those participants. If a participant is struggling with anger issues, you might use workbook 3, lesson 10: Break the Anger Cycle. Using the prescriptive model this way is great for tailoring your work with participants to cover their immediate challenges in daily living that need to be quickly addressed.

**Master List of Lessons and Learner Outcomes**

<b>Workbook 1</b>	
<b>LESSONS</b>	<b>LEARNER OUTCOMES</b>
<b>Lesson 1: Create a Safe Living Environment</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• build a safe living environment that supports sobriety</li> <li>• understand why they need to “trash their stash” and how to employ this strategy in their living environment</li> <li>• recognize that some medications are not recommended for people in recovery and learn to identify safe alternatives</li> <li>• understand and explain the importance of abstinence</li> <li>• recognize and mitigate the risks of living with others who use alcohol or other drugs</li> </ul>
<b>Lesson 2: Build a Healthy Daily Schedule</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• build a healthy daily schedule that supports recovery</li> <li>• describe the benefits of the Twelve Steps and the process of working the Steps</li> <li>• understand addiction as a disease and how this relates to powerlessness in Step One</li> </ul>
<b>Lesson 3: Learn about the Twelve Steps</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• describe the origin of Alcoholics Anonymous (AA) and similar support groups and how they work</li> <li>• describe the basics of the Twelve Steps of AA and how to work the Steps</li> <li>• understand the spiritual component of the Twelve Steps</li> <li>• understand the role of a Higher Power and identify their own Higher Power</li> <li>• describe the twelve promises of AA</li> </ul>
<b>Lesson 4: Step One: Understand Powerlessness</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• describe the basics of Step One</li> <li>• understand the concept of powerlessness as the foundation of Step One</li> <li>• understand that addiction is a chronic disease that can be managed but not cured</li> <li>• understand and accept that people with addiction don’t have the ability to control or limit their use of alcohol or other drugs like their nonaddicted friends</li> <li>• explain the process of relapse</li> </ul>

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<b>Workbook 1</b>	
<b>LESSONS</b>	<b>LEARNER OUTCOMES</b>
<p><b>Lesson 5:</b> <b>Go to Meetings</b></p>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• understand how to get the most out of Twelve Step group meetings, such as AA or NA meetings</li> <li>• describe what happens at meetings and how often to attend meetings</li> <li>• understand how to find a meeting</li> <li>• identify a local Twelve Step group to attend</li> </ul>
<p><b>Lesson 6:</b> <b>Connect with a Sponsor</b></p>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• describe the importance of having a sponsor in recovery</li> <li>• understand what a sponsor does and does not do</li> <li>• understand how to choose a sponsor</li> </ul>
<p><b>Lesson 7:</b> <b>Create a Relapse Prevention Plan</b></p>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• describe the process of relapse and identify relapse warning signs</li> <li>• create a relapse prevention plan</li> <li>• identify high-risk situations and develop coping strategies</li> <li>• respond to a relapse if it occurs</li> <li>• create or update a support list and reach out for help</li> </ul>

<b>Workbook 2</b>	
<b>LESSONS</b>	<b>LEARNER OUTCOMES</b>
<b>Lesson 1: Refine Your Daily Schedule</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• create a daily schedule to address high-risk situations and make room for activities that protect recovery</li> <li>• understand and use the tips for avoiding risky people, places, and things</li> <li>• know the coping strategies to use in a tough situation that can't be avoided</li> <li>• understand why it's important to have a plan to respond to a high-risk situation instead of testing themselves by staying in it</li> </ul>
<b>Lesson 2: Attend a Meeting</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• know how to find a home group</li> <li>• understand the benefits of Twelve Step meetings</li> <li>• understand and explain the format of Twelve Step meetings</li> </ul>
<b>Lesson 3: Cope with Cravings</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• understand the Relapse Trigger Process (trigger, thought, craving, use)</li> <li>• be prepared with plans to deal with cravings</li> <li>• know how to deal with high-risk situations</li> </ul>
<b>Lesson 4: Step One: Understand the Mind</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• understand the concept of powerlessness (Step One) with an emphasis on the mental obsession of addiction</li> <li>• understand that abstinence is crucial because the disease of addiction leaves people unable to control their use of alcohol or other drugs</li> <li>• explain the cycle of addiction</li> </ul>
<b>Lesson 5: Practice Relapse Prevention Strategies</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• update and improve a daily schedule to avoid high-risk situations</li> <li>• use coping strategies to manage high-risk situations that still can't be avoided</li> <li>• know when and how to use coping strategies to manage cravings</li> </ul>

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<b>Workbook 2</b>	
<b>LESSONS</b>	<b>LEARNER OUTCOMES</b>
<b>Lesson 6:</b> <b>Step One:</b> <b>Understand the Spiritual Connection</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• understand the spiritual component of Step One</li> <li>• explain why the addicted person’s defense cannot come from simply trying to control his or her use of alcohol or other drugs</li> <li>• explain why the addicted person’s defense must come from a Higher Power</li> </ul>
<b>Lesson 7:</b> <b>Strive for HOW (Honesty, Openness, and Willingness)</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• explain the importance of honesty, openness, and willingness in recovery</li> <li>• understand the importance of listening with an open mind and sharing openly in recovery</li> <li>• understand the importance of personal responsibility in recovery</li> </ul>
<b>Lesson 8:</b> <b>Improve Your Relapse Prevention Strategies</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• practice and improve relapse prevention strategies</li> <li>• continue identifying and avoiding high-risk situations</li> <li>• update and stick to a daily schedule</li> <li>• create a list of people they can rely on for support</li> </ul>
<b>Lesson 9:</b> <b>Work Step One</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• understand how to work Step One</li> <li>• explain the benefits of recovery</li> <li>• understand how addiction impacts the mind, body, and spirit</li> </ul>
<b>Lesson 10:</b> <b>Make Time for Fun</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• explain why it is important to make time for having fun in recovery</li> <li>• understand why it is important to find sober activities</li> <li>• identify ways to have sober fun</li> </ul>
<b>Lesson 11:</b> <b>Reflect on Relationships</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• practice performing a relationship inventory</li> <li>• utilize strategies to improve relationships with friends, family, and friends from Twelve Step meetings</li> <li>• know the importance of spending time with people in the recovery community</li> </ul>

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<b>Workbook 2</b>	
<b>LESSONS</b>	<b>LEARNER OUTCOMES</b>
<b>Lesson 12:</b> <b>Check Your Motivation</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• recognize the importance of staying motivated in recovery</li> <li>• distinguish between internal and external sources of motivation</li> <li>• apply tips to increase motivation</li> </ul>
<b>Lesson 13:</b> <b>Work Harder at Meetings</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• get the most out of Twelve Step meetings</li> <li>• engage more at meetings by using the suggestions presented</li> <li>• evaluate how well they are working their Twelve Step program by completing a checklist</li> </ul>
<b>Lesson 14:</b> <b>Introduction to Step Two</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• understand the basics of Step Two</li> <li>• discover the concept of identifying and surrendering to a Higher Power as the foundation of Step Two</li> <li>• recognize the importance of practicing the spiritual components of recovery</li> </ul>
<b>Lesson 15:</b> <b>Identify and Own Your Feelings</b>	By the end of this lesson, participants will be able to: <ul style="list-style-type: none"> <li>• create a daily practice to identify their feelings</li> <li>• recognize why it is important to “own” or accept what they are feeling</li> <li>• recognize why monitoring and taking responsibility for feelings must be done each day</li> </ul>

<b>Workbook 3</b>	
<b>LESSONS</b>	<b>LEARNER OUTCOMES</b>
<b>Lesson 1: Know Your Triggers</b>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• recognize the importance of following a daily schedule</li> <li>• monitor and continue to improve a daily schedule to help manage triggers</li> <li>• recognize how a daily schedule can be used to minimize risky situations</li> <li>• use a daily schedule to maximize healthy activities that support recovery</li> </ul>
<b>Lesson 2: Deepen Your Understanding of Step Two</b>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• develop a greater understanding of Step Two</li> <li>• recognize why spirituality is important in recovery</li> <li>• understand what is meant by “restore us to sanity” in Step Two</li> </ul>
<b>Lesson 3: Awaken Your Spirituality</b>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• develop a deeper understanding of spirituality</li> <li>• discover what is meant by a “spiritual awakening” in the Twelve Steps</li> <li>• apply tips for creating a deeper sense of spirituality in working the Twelve Steps</li> </ul>
<b>Lesson 4: Improve Your Support System</b>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• utilize support from a sponsor, healthy friends, family, and people in Twelve Step meetings</li> <li>• recognize the difference between emotional support, informational support, reflective support, and practical support</li> <li>• discover how to use meditation and prayer to support recovery</li> </ul>
<b>Lesson 5: Avoid Stinking Thinking</b>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• recognize and avoid addictive thinking patterns, known as “stinking thinking”</li> <li>• identify common forms of addictive thinking, such as lip service, grandiosity, rationalization, and injustice</li> <li>• apply thought-stopping techniques and strategies to replace irrational thoughts with accurate thoughts</li> </ul>

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<b>Workbook 3</b>	
<b>LESSONS</b>	<b>LEARNER OUTCOMES</b>
<b>Lesson 6: Build Serenity</b>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• create serenity and spirituality in daily life</li> <li>• employ strategies for letting go of controlling behaviors, practicing acceptance, and practicing meditation and prayer</li> <li>• recognize the importance of serenity and spirituality in recovery</li> </ul>
<b>Lesson 7: Handle Emotions Using the ABCD Technique</b>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• use strategies to cope with challenging emotions to help avoid relapse</li> <li>• apply the ABCD (Action, Belief, Consequences, Dispute) technique to dispute inaccurate beliefs</li> <li>• recognize the importance of disputing inaccurate beliefs in maintaining recovery</li> </ul>
<b>Lesson 8: Practice Refusal Skills</b>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• identify things that could harm recovery</li> <li>• recognize the importance of being prepared to say no in difficult situations, including with family and friends</li> <li>• practice positive refusal skills</li> </ul>
<b>Lesson 9: Change Your Thinking</b>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• understand the nature of irrational, self-defeating beliefs and how they impact recovery</li> <li>• practice strategies to overcome the most common types of self-defeating beliefs</li> <li>• recognize and challenge the “stinking thinking” that could lead to a relapse</li> </ul>
<b>Lesson 10: Break the Anger Cycle</b>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• recognize how to break the anger cycle</li> <li>• identify common sources of anger including control, defensiveness, and masking pain</li> <li>• employ the ABCD technique to manage and reduce anger and resentment</li> <li>• practice positive conflict resolution</li> </ul>

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<b>Workbook 3</b>	
<b>LESSONS</b>	<b>LEARNER OUTCOMES</b>
<b>Lesson 11: Introduction to Step Three</b>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• develop an understanding of basic concepts in Step Three</li> <li>• recognize the importance of letting go of self-will and relying on a Higher Power for guidance instead</li> <li>• utilize Step Three to strengthen a spiritual practice</li> </ul>
<b>Lesson 12: Seek Guidance</b>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• understand spirituality as a core foundation of recovery</li> <li>• recognize the importance of connecting with a Higher Power</li> <li>• create a habit of gratitude as a spiritual practice</li> <li>• utilize prayer and meditation to strengthen recovery</li> </ul>
<b>Lesson 13: Surrender Your Fears</b>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• identify ways to manage fear and worry in early recovery</li> <li>• recognize common sources of fear and worry, such as facing fear of past events, resisting relapse triggers, living sober, and facing relationships with others</li> <li>• practice a “worry jury” activity to face fears and determine if they are worth attention and energy</li> </ul>
<b>Lesson 14: Stay Grounded</b>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> <li>• recognize and monitor for signs of HALT (hungry, angry, lonely, or tired)</li> <li>• identify and manage relapse risk factors, such as managing cravings and avoiding overconfidence</li> <li>• practice relapse prevention and update prevention plans regularly</li> <li>• continue to appreciate spiritual growth</li> </ul>